“Interpersonal Psychotherapy (IPT) for Perinatal Bereavement”

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12:00pm-1:00pm

Abstract: Millions of women experience pregnancy loss each year. Many women and their partners experience symptoms of complicated bereavement following these losses. Anticipating future pregnancy, women who are struggling with symptoms of depression often prefer to avoid antidepressant medications and use non-medication interventions to manage their symptoms. Interpersonal Psychotherapy (IPT), an empirically grounded, time-limited, semi-structured psychotherapy that has demonstrated efficacy in the treatment of major depression is an excellent option for these patients.

Learning Objectives:
1. Assess symptoms of complicated bereavement among patients who have experienced perinatal loss.
2. Facilitate mourning with patients who are experiencing symptoms of depression related to perinatal loss.
3. Anticipate psychological challenges patients may experience during pregnancy following perinatal loss.

References: